

# Board of Selectman Update

The Scituate FACTS Coalition:  
Families, Adolescents and Communities  
Together Against Substances

**November 4, 2014**

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# FACTS Parent Programs

- New, evidenced-based parent education program: **Guiding Good Choices** for parents of 9-14 year olds. October, January, March and May. Registration opens in November
- Freshman Orientation FACTS Program started this year, 8/27
- **“Parenting the Middle Years”** Speaker Series by Steve Maguire at Harbor Community Building – 4 Tuesday evenings, 7:00-8:15:
  - #1) October 7 was “Helping Your Children Create their Digital Footprint” (26 attendees)
  - #2) December 2 – New date! “Setting the tone: Creating Healthy Discipline Boundaries with your Children”
  - #3) February 3, 2015, “You can’t parent the way you were parented!”
  - #4) April 7, 2015, “Changing Perceptions: How not to be ‘A Small Fishing Town with a Large Drinking Problem’
- Expert Speakers at SHS, such as Dr. Harris on **Adolescent Brain Development**; Pre-prom Youth Risk Behavior Survey share; others TBA through School channels (possibly Marijuana Facts or Cliff Crosby...) – Sign up for Coalition emails to receive announcements

# FACTS Youth Education

- K-5 Social Emotional curriculum **“Open Circle”** - Supplemental \$5,00 Grant awarded for teacher training
- **Mindfulness/yoga** introduction in elementary schools – Health Elementary Schools Task Force – SPS Video # 1; 17 teachers enrolled in 6-week training
- 6-8<sup>th</sup> Solid substance education with Health Teachers **“Second Step”**
- 6<sup>th</sup> grade substance lessons expanded this school year – full curriculum now
- 9th or 10th at SHS includes substance-specific info, SHS data, refusal practice and **“Speakers of Hope”**; plus ongoing reinforcement and electives in 11<sup>th</sup> and 12<sup>th</sup>
- **“Choices”** documentary for Seniors, with small group discussion/support in May
- **Kids of Promise** support group at SHS, starting at Gates this year, for students affected by someone else’s substance use; starting January
- Sharing data and positive trends in Health Classes, assemblies
- **Student Resource Officer** at SHS this year – Officer Natalie Quinn
- Current Trends/Training Opportunities for Staff; Elementary staff possibly

# FACTS Teen Programming

- **New Policy** started in 2014 at The All Night Party on Graduation night – all students breathalyzed – all students stayed and had a great time
- **Social Norming Student Project** - showcase at State House on 9/18  
<http://youtu.be/a9tLJKCajMQ>
- **Social Norming Campaign** – Videos and posters correcting the misperception that everyone is using (launch at SHS, community)
- 2 Students attended **Youth to Youth** Leadership Conference at URI
- **The H.A.P.P.Y. Club** - New after school concept : outings, peer to peer opportunities, event planning...Mr. Maguire and Ms. Dwyer
- **5th Quarter** - substance-free social events after weekend football (2 Sept, 2 Oct) and bball games; Student planners for Spike Ball 10/17 , hopefully continue...
- **SHS Service Learning Project** – 3 Students working on Social Hosting/Providing Alcohol awareness

# FACTS Community Awareness & Engagement

- Ongoing community forums/speakers, including: Overdose Prevention; Scituate Science Spectacular Brain demo ; screening of “The Anonymous People” documentary; Opiate 101 Panels; 7/14 Treatment Providers Fair  
<http://scituatefacts.org/treatment-recovery-research-by-dr-john-f-kelly>
- 9/29 “In Plain Sight Exhibit” Public Safety Spectacular – thank you to volunteers!
- Clergy Vigil was held in March; New liasons; Clergy Leaders Meeting 11/4
- Summer press: Mariner article on Section 35, Boston Globe article and Letter to Editor, and Mariner letter about the All Night Party strategy change
- BeWell Yoga Community Classes as fundraiser this summer – into Fall
- 12/5 First Friday - Santa Hat Fundraiser at MountainOne Bank
- Renewed emphasis on Community Policing; Anonymous Tip Line on  
[www.scituatepolice.org](http://www.scituatepolice.org)
- Coalition Office Hours at Scituate Harbor Community Building started in March
- Open Coalition Meetings held Quarterly at Scituate Town Library: pm Next Open Coalition, **Monday, 11/17**, 6:30-8:00 at The Scituate Town Library (Remaining dates **January 26; March 23; May 18**. Locations TBA.)

# FACTS Intervention & Referral to Treatment

- **South Shore Substance Use Treatment Resources** – Brochure Updated - available on scituateFACTS.org website and thru SPS Counseling ; Town-wide mailing to come; Shared with other towns
- **Health Fair** of Substance Use Treatment Providers and Speaker in July; repeated at SSVNA in Rockland on Nov. 18th
- **“Insight Group”** available at SHS – Psycho-educational support group for students
- **Student Assistance Program (SAP)** – staff, students, and parents may confidentially refer a student they are concerned about. Discreet process involves parents to determine if outside support is appropriate; Working on promo video
- **78 Narcan** Trainings and Kits distributed in Scituate (Feb – June 2014)

Jen Lopes, LICSW, Adjustment Counselor for all SHS students– [jlopes@scit.org](mailto:jlopes@scit.org)

781 545-8750 x102

# FACTS Plans for 2014-2015

- Organizational work – By-Laws, Steering Committee, Coalition Evaluation Survey
- Interest in Teen Center - Project Plan development?
- Universal Screening for Adolescent Substance Use in Healthcare Setting
- Working with other Coalitions on Opiate Prescribing Practices and policy changes
- Support for people in Recovery (Recovery Community Center; NA Meeting)
- Possibility of Drug Court in Hingham
- Survey of Current/former addicts with Scituate Police
- Police Officers to carry Narcan; Implement a follow-up protocol/access to care

# **WHAT ARE THE FACTS ABOUT YOUTH SUBSTANCE USE IN SCITUATE?**



2013-14 Youth Risk Behavior Survey		
Scituate High School – 711 Students	MA State (2011)	SHS (2014)
ALCOHOL		
Never had a drink of alcohol	32%	43%
Did not drink alcohol before age 13	85%	94%
Did not drink alcohol in the past 30 days	60%	60%
In past 30 days, did not have more than 5 drinks in a row (binge drinking)	88%	72%
TOBACCO		
Never tried cigarette smoking	39%	80%
Never tried a cigarette before age 13	93%	96%
Did not smoke cigarettes in the past 30 days	86%	92%
MARIJUANA		
Never used marijuana	57%	68%
Did not use marijuana before age 13	93%	97%
Did not use marijuana before age 15	N/A	83%
Did not use marijuana in the past 30 days	72%	80%
Did not use synthetic marijuana (K2, Spice) in the past 30 days		97%

	MA State (2011)	SHS (2014)
OTHER ILLICIT DRUG USE		
Never used cocaine	95%	96%
Did not use cocaine in the past 30 days	N/A	98%
Never used inhalants	N/A	96%
Never used heroin	98%	99%
Never used a needle to inject illegal drug into his/her body	98%	99%
Never used methamphetamine	97%	99%
Did not use hallucinagens (mushrooms, LSD) in the past 30 days		95%
Never used ecstasy	94%	97%
Never used steroids	97%	99%
Never used prescription drugs that were not his/her	85%	90%
Did not use prescription drugs that were not his/her own in the past 30 days		95%

Can no longer afford pills and are using  
heroin to “maintain,” not get sick, etc.

Addiction to alcohol, marijuana and/or pills  
(addiction, especially to alcohol and marijuana is not always obvious,  
often don’t know until try to stop)

Intense, regular (every weekend or almost every) binge drinking (more than 5  
drinks), pot smoking and possible pill use (crushing, smoking)

Periodic drinking and/or smoking pot that can increase over time  
(The more risk factors, the more likely to move up the “ladder”  
*For ex, if friends change, or friends’ behaviors change, stress, change of environment,  
reduced disapproval from parents and peers, earlier someone starts,  
and intensity of history of substance use in the family)*

43% have  
never had a  
drink

Majority of young people making healthy choices

68% have  
never smoked  
pot

# How does Prevention work?

- Prevention is focused on risk and protective factors
- We need to identify the factors that increase the risk of drug use as well as those that protect against the risk
- Then we need to find ways to reduce the risk factors and increase the protective factors

## Community Risk Factors

- Availability of drugs
- Community laws and norms favorable to use
- Transitions and mobility
- Low neighborhood attachment/community disorganization
- Extreme poverty

## School Risk Factors

- Academic failure beginning in Late Elementary School
- Lack of Commitment to School

## Family Risk Factors

- Family History of substance use
- Family Management problems
- Family Conflict
- Favorable Parental Attitudes Toward Substance Use & Involvement in Problem Behavior

## Individual & Peer Risk Factors

- Early & Persistent Antisocial Behavior
- Rebelliousness
- Friends who engage in substance use
- Gang Involvement
- Favorable Attitudes toward substance use
- Early initiation of substance use
- Constitutional Factors including, learning disabilities, ADHD, head injuries, born addicted



# Understanding Risk

- The influence of risk factors and protective factors is different for everyone.
- We all know someone who was exposed to high levels of risk, but did not develop problem behaviors.
- It is a balance that must be revisited throughout a child's development.



# Improving the Safety Nets Surrounding Substance Use Disorder

## Primary Prevention – health promotion for all

### “UNIVERSAL” (environmental/whole community):

- Youth Education
- Parenting skills
- Community Awareness - risk factors, harms of use; trends. etc.
- Reduce youth access to substances – social sources of alcohol; Rx opiates; Medical Marijuana
- Enforcement of policies- social hosting, breathalyzer, etc.
- Improve Rx prescribing policies, patient ed, and PDMP
- Provide accurate data; correct misperceptions about prevalence of use

### “SELECTIVE” (high-risk groups):

- Provide supports that reduce risk (group counseling for families and children at risk; supervised activities, etc.)

## Intervention (or “Secondary Prevention”)

### “INDICATED” (at earliest possible signs, prevents onset of SUD)

- Improve access to treatment
- Training for Primary Care Providers
- Individual and Group Counseling
- Increase referrals to Student Assistance Program at SHS
- Implement Universal SU Screens in health care settings (SBIRT in Schools and/or CRAFFT Survey at Pediatricians)
- Drug Court Program in Hingham
- Community-based Referral to Treatment (Hotline ; especially for post-school ages)

## Opiate Overdose Prevention “Harm Reduction”

- Section 35 Assistance
- Narcan Trainings
- First Responder Expansion
- OD Follow-Up Program
- Collaborate with Hospital ED’s

## Treatment “Tertiary”

- Family Intervention (and/or training on informal intervention)
- Comprehensive Assessment
- Ensure Full Continuum of Care:
  - Detox/stabilization
  - Medication-Assistance
  - Step-down services
  - Inpatient
  - Sober Housing
  - Outpatient
  - Family Counseling
- Reduce insurance/cost barriers
- Increase access (# beds, location of outpatient etc.)
- Create adolescent-specific modules of care

## Aftercare & Recovery Support

### “Tertiary”

- Relapse Prevention
- Access to Trained Recovery Coaches
- Peer Support – Variety of Peer Meetings (NA, Smart Recovery, Young People, etc.)
- Re-entry supports – jobs/housing/recovery capital
- Recovery Community Center

# So, what can I do?

1) Talk to your kids about drugs and alcohol. It's never too early – or too late.

Parent talking points , by child's age:

[www.drugfree.org](http://www.drugfree.org) (great, all-around source of info)

[www.parentteenmatters.org](http://www.parentteenmatters.org)

Teens learn about refusal techniques at:

[www.abovetheinfluence.com](http://www.abovetheinfluence.com)

Send Preteens to: [www.thecoolspot.gov](http://www.thecoolspot.gov)

2) Take the Prevention Course. Register for *Guiding Good Choices* to learn more about risk factors and how parents can improve protection. (In the meantime, read the David Sheff article, and watch 15-minutes worth of videos at: [www.teen-safe.org](http://www.teen-safe.org))

3) Be aware of Prescription Drug Misuse - Question -Monitor –Dispose.

24-Hour Rx Drop Box is now available in the lobby of the Scituate Police Station to dispose of unused Medicine. More at : [www.stoprxabuse.com](http://www.stoprxabuse.com)

4) Seek advice, and intervene early if substance use starts. Call Jen Lopes at SHS.

781 545-8750. x102

# Stay informed about FACTS

...trainings, meetings, speakers, oh my!

- Like us on Facebook: scituateFACTS
- Follow us on Twitter: @scituatefacts
- Teens on Twitter: @shsfacts
- Check the website: [www.scituateFACTS.org](http://www.scituateFACTS.org)
- Subscribe to occasional emails:  
[scituateFACTS@gmail.com](mailto:scituateFACTS@gmail.com)
- Attend a Coalition Meeting at Town Library
- Volunteer! There are small, medium, and large opportunities to get involved